

# Can't Hold Us

**COPPER** **KNOB**  
BY STEPHEN

拍数: 64      墙数: 4      级数: Intermediate (Funky)  
编舞者: Materne Georgette (FR) - January 2014  
音乐: Can't Hold Us (feat. Ray Dalton) - Macklemore & Ryan Lewis



Intro : 48 counts

## **SIDE, TOUCH, SIDE , TOUCH, SIDE, HITCH, SIDE , TOUCH**

1-2            RF step side R, LF touch beside to LF  
3-4            LF step side L, RF touch beside to RF  
5-6            RF step side R, LF hitch  
7-8            LF step side L, RF touch beside to LF

## **KICK BALL TOUCH, STEP FORWARD, SWEEP ¼ TURN L, CROSS, SIDE, BEHIND, 1/4 TURN , 1/4 TURN LEFT , TOUCH**

1&2            RF kick forward, RF step next to LF, LF toe forward  
&3-4           LF step forward, RF sweep back to front ¼ turn L, RF cross over LF 9:00  
5-6            LF step side, RF behind  
7-8            LF step forward 1/4 turn L 6:00 , ¼ turn L , RF touch beside to LF 3:00

## **TOUCH R HEEL FORWARD 2X , TOUCH L HEEL FORWARD 2X, JUMP OUT , JUMP CROSS, ½ TURN L , HOLD**

1-2            RF touch heel forward twice  
&3-4           RF together, LF touch heel forward twice  
&5-6           LF together, jump out , Jump cross RF over to LF  
7-8            ½ turn L, hold 9:00

## **SIDE, HITCH, SIDE, HITCH, SWIVEL HEELS BEND KNEE**

1-2            RF step side R, LF hitch  
3-4            LF step side L, RF hitch  
&5-6           RF step side R, swivel heels out, swivel heels with bend knee  
7&8           RF & LF swivel heels out, in, out

\*Restart wall 3 &6

## **SIDE , TOUCH BEHIND, SIDE , TOUCH BEHIND, KICK FORWARD JUMP OUT, OUT, CROSS TOUCH BEHIND, ½ TURN R**

1-2            RF step side R, LF touch crossed behind  
3-4            LF step side L, RF touch crossed behind  
5&6            RF kick forward, RF jump out side R, LF out side L  
7-8            RF cross touch behind, ½ turn R 3:00

## **STEP FORWARD, KICK FWD, ½ TURN FLICK, KICK FORWARD, COASTER STEP, STEP FORWARD BODYROLL**

1-2            LF step forward, RF kick forward  
3-4            RF ½ turn L flick back, Kick forward 9:00  
5&6            RF step back, LF step next beside to LF, RF step forward  
7-8            LF step forward with bodyroll RF next to LF

## **KICK BALL TOUCH, KICK BALL TOUCH, KICK, KICK, SIDE, TOUCH CROSS BEHIND, SIDE**

1&2            RF kick forward, RF together, LF touch side left  
3&4            LF kick forward, RF together, RF touch side right  
5-6            RF kick forward diagonally left 2x  
&7-8           RF step side R, LF touch crossed behind, LF step side L

**HEEL GRIND R, HEEL GRIND L, CROSS , 1/2 TURN L, BEND, RAISE**

- 1-2 RF heel grind with right (toes from left to right) , recover  
&3-4 RF together, heel grind with left (toes from right to left), recover  
5-6 RF cross over LF, ½turn L 3:00  
7-8 bend knees , raise knees

**RESTART: during wall 3 (6:00) after 32 counts restart facing 3:00 & wall 6 (9:00) after 32 counts restart facing 6:00**

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